THE WAY

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FROM THE HEAD OF SENIOR SCHOOL

The Power of Connectedness

I have been reading Where the Light Gets In by sports psychologist Ben Crowe. Amongst his many stories and pearls of wisdom is the central theme of connectedness.

He points out that we often tie our self-worth to achievements—the things we have done or are currently doing. This can lead to a sense of self-worth that is conditional on our level of achievement. Often, we become so focused on grades and results that we allow them to define our entire success.

True connectedness starts with accepting yourself unconditionally. When you connect to your "being" (your values and character) rather than your "doing" (your results), you become more resilient to failure. Crowe reminds us that we are human beings, not human doings. Mistakes and setbacks are not failures; they are the very points where parents and teachers can connect most deeply to support a child.

Part of being connected is creating a safe space where people feel free to be themselves and where character can flourish. When students see how they can use what they are learning to serve others, both within and outside the school community, true growth takes place. It was great to see our Miss Georges and our Food Technology students connecting and flourishing together as they prepare morning tea for the staff, you can read more about that in this edition of The Way.

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